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THIS BURGER IS WORTH SHARING BUT ARE YOU WILLING?
 {page 4}



BORN TO BE
GOING GAGA
AS METRO'S GUEST EDITOR {page 12}



LONDON
metro®

Thursday, April 7, 2011
www.metronews.ca



News worth sharing.

Weather. If only!



► A woman sunbathes on a deck chair in Hyde Park yesterday in London, England. Much of Britain recorded the hottest day of the year so far, with temperatures expected to reach 22 C this weekend.

DAN KITWOOD/GETTY IMAGES

Dear sun, please come out. Thanks, London

In our London, we're expecting a high of 13 C today, sunny with cloudy periods. Environment Canada expects increasing cloudiness in the afternoon, with a 60 per cent chance of showers late in the evening.

Ain't playin' around

Ant Firm takes vids to a new level {page 3}

You're uninvited

PM can't shake questions on event ejections {page 6}

Iron Mike, a bird man

Once pigeonholed, Tyson shares his love {page 13}

Rapper returns for kudos

► Concert at London Music Hall sold out, but more tickets may be released today



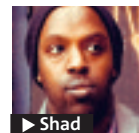
JIM REYNO
 @METRONEWS.CA

A sold-out Music Hall awaits London's Juno-winning underdog tonight.

"It's always good to come back home and play," said Shad, who shocked the music world by winning the Juno for rap recording of the year over heavily favoured Drake.

"I don't think I've ever played in that room before," he said of the world-class venue that will host at least 800 of his fans awaiting his homecoming.

Despite the career lift of a Juno win, Shad hasn't let it inflate his ego.



► Shad

"It makes you go, OK cool, people are into what I'm doing," said Shad. "Some small, mysterious

group of people like my album more than Drake's — very rare. The statistical probability of that happening is very slight ...

"Of course, it's a musical award, so you take it with a grain of salt. But it was cool."

So was Drake.

"He was real nice and he said congratulations, and said he was happy for me," said Shad. "I said, 'Well, congratulations on everything,' because he's had a crazy run the past few years."

JACK RICHARDSON MUSIC AWARDS, PAGE 13

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1
news

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On the web at metronews.ca



The greenhouse roof of a Montreal office building is a new home for farm-fresh vegetables. Video at metronews.ca.

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Chess. Club



► Jennifer Johnston, 7, concentrates as she makes a move while playing chess against her twin sister, Erica, yesterday during an afternoon chess club program at Westmount Public Library. To Jennifer's left, nine-year-old Daniel Abate celebrates after a clever move.

KYLE REA/METRO

Grandmasters in the making?

The library chess program runs every Wednesday from 4:30 to 5:30 p.m. until May 4 at the Westmount and Masonville branches.

No more idling about

► Bylaw not in effect when it's colder than -5 C, warmer than 27 C ► Drive-thrus are also exempt

Londoners are getting the message that idling isn't OK within the Forest City, says the city's chief bylaw enforcement officer.

Indeed, according to Or-est Katolyk, no fines have been levied since the bylaw was introduced almost two years ago.

"We're even finding the taxis are turning their vehi-

cles off," he enthused. "No-body is idling over two minutes.

"I think citizens get the messages and I think with the price of gas these days, people are less likely to idle."

Enforcing an anti-idling bylaw is done by blitzes, where officers will target specific areas looking for

Bylaw details

- Bylaw in place since Oct. 9, 2009
- Idling your car for more than two minutes is

violators.

Katolyk said it's the only way they can levy fines — they don't take com-

banned.

- The fine, if caught, is a minimum of \$50 and a maximum of \$5,000.

plaints from the public because by the time an officer would arrive at the area in question, the vehicle would

be gone.

But even in blitzed areas like schools, hospitals, UWO and Fanshawe, it's not an issue. Katolyk said during blitzes over the last two years, officers have ended up handing out education material rather than tickets since they haven't found any idlers.

● KYLE REA

Get engaged as a task force recruit

The City of London is inviting people to participate in the Community Engagement Task Force, which will focus on how the city can improve the way it interacts with the community.

The task force, which will also include city staff, is recruiting people until April 29. The first meeting is May 14.

Visit london.ca/engage or call 519-661-4792. ● METRO

Thames victim ID'd

Police have identified Jeremy Bennett, 30, as the man who fell in the Thames River on Tuesday. The circumstances surrounding the incident is under investigation. Search efforts continued yesterday. ● METRO

Murder charge added in child death

Oxford County OPP have charged a 40-year-old woman from Ingersoll with second-degree murder after the death of a five-month-old child last summer.

Melissa Garland was orig-

inally charged back in August with failing to provide the necessities of life and criminal negligence causing death. OPP said yesterday those charges had been upgraded. AM980/AM980.CA

Ant Firm atop the game testing colony

KYLE REA/METRO

► Among 50 video game testing companies in the world



KYLE
REA
@METRONEWS.CA

They've found a niche market where they break video games instead of playing them. And now that they've developed a name for themselves after winning a prestigious award from Venture London, The Ant Firm of London hopes to gain some respect in the neglected video game testing world.

The company, which tests video games and smartphone applications for bugs, won the grand prize of \$30,000 in the existing business category at the Venture London Business Competition on Tuesday.

But what exactly do they do?

"In a nutshell, we test video games and we find bugs," said co-owner Hay-

ley Patterson. But it's not that simple, and it's not always fun.

"The more enthusiastic the thought of playing video games, the less they'd enjoy this," noted fellow co-owner Tonya Constant. "It's not really about playing the game, it's about breaking the game."

But, she added, "It's a game in and of itself to try and break a game. It's very satisfying."

What does the future hold for The Ant Firm?

Patterson said they hope to make a name for themselves in the video game industry where most of the attention and respect goes to developers

"Winning something like this can only speed that process up in the business and gaming community."

Competition

► Entos Pharmaceuticals, a biotechnology company, took home \$18,000 in cash prizes in the proposed business category.

► Other finalists, including Hudson Entry and Automation, Riverpark Dental, New Ninjas and TecVana Corporation, each received \$500 honorariums and \$500 in furniture and design services.

► Prizes handed out by Venture London included both cash and prizes, such as office furniture and services.

► To qualify for the Venture London competition, 34 businesses were required to submit business plans.



► Melanie Lagrou, left, Hayley Patterson and Tonya Constant, joint owners of The Ant Firm, a video game and app testing company in London that received the grand prize in the existing business category at Venture London's Business Competition Award.

Shops offer eco-friendly wardrobe

There are now a variety of options to build a more environmentally friendly wardrobe — while still dressing fashionably and shopping locally. Several retailers in London are now offering eco-friendly clothing options.

P'lovers and The Organic Oscars are centrally located and sell clothing

made from bamboo, hemp, and organic cotton, as well as other sustainable fabrics. Each store also sells a wide variety of other eco-friendly items.

Further north on Richmond Row is Weezi. Weezi is the store of London-based fashion designer Lisa Gaverluk. Gaverluk designs her fashions and

accessories using not only retro, but recycled, fabrics.

Be Green Canada, a new London-based online retailer, has all sorts of eco-friendly products, including clothing and an impressive selection of eco-friendly bags in various styles.

● RACHEL POLISZUK

Retailers

P'lovers

525 Richmond Street,
plovers.ca/LondonHome.
htm

The Organic Oscars

236 Dundas St.,

London,
theorganicoscars.com

Weezi

204 Albert
St. @ Richmond,
weezi.com

Be Green Canada

begreencanada.com

Why green?

The production of clothing can have a negative impact on the environment, from dyes that contain high levels of chemicals to cotton that requires large amounts of pesticide to grow. Less harmful clothing is made of organic cotton, hemp, bamboo, linen, or recycled polyester. Buying used or locally can also reduce the environmental impact.

● RACHEL POLISZUK

Candidate turns down debate

London West Conservative candidate Ed Holder is coming under fire after his campaign team turned down an offer to attend an all-candidates meeting on health care.

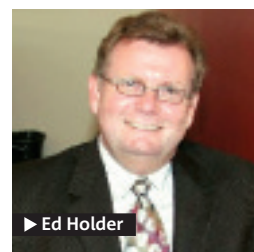
The London Health

Coalition is hosting a debate April 20 at the Best Western Lamplighter Inn.

"Health care has polled frequently as the main issue in the federal election," wrote Coalition co-chair Jeff Hanks, in a let-

ter of invitation to candidates.

Holder's campaign replied in writing that they were "puzzled" as to why federal candidates would be asked to debate health care. AM980/AM980.CA



► Ed Holder

London police on licence lookout

During April, London police will be taking action against motorists who aren't taking care of their licence plates. Motorists must ensure they

have two plates properly attached and readable. Plates that are in a poor state must be replaced for a nominal fee. ● METRO

Take your pick, there are 68 to choose from

► Ottawa eatery, The Works, announced London expansion earlier this week ► Restaurant to offer 68 different kinds of burgers when it opens



► London Mayor Joe Fontana takes a big bite out of a burger with plenty of bacon, havarti cheese and chipotle ketchup at the soon-to-open The Works gourmet burger bistro at 145 King St. yesterday.



KYLE REA
@METRONEWS.CA

A burger with plenty of meat and even some sass, or a veggie-themed burger with tangy sauce on the side ... which would you pick?

It certainly wasn't an easy choice I faced as I picked what will soon be-

come the Metro London burger, to be featured at The Works gourmet burger bistro, 145 King St. The name chosen for the burger is true to our motto: Metro's Burger Worth Sharing. If you enjoy plenty of meat with a little something extra thrown in with your news as much as you like it on a burger, it's definitely one to try.

Expansion co-owner Kris Hunt, born in London, said the Forest City was The Works' first choice to expand. To celebrate its arrival, local dignitaries and media were invited to come out and name a burger.

Placed in front of me were two choices — one had Gouda cheese, bacon and avocado, the other cucumber, tomato, red pep-

per and curry mayonnaise on the side. At first it seemed obvious that the combo of bacon, cheese and avocado would win out. But the curry mayo made the taste buds sing, which made for a tough choice. In the end, the variety of tastes offered by the bacon, cheese and avocado combo made for the better taste experience.

Befriending a musical beast

Orchestra London's new music director has a message for concert-going Londoners: Relax.

"Undo your tie — don't even wear one," said Alain Trudel. "Just come to the concert and enjoy the music."

Trudel, who didn't have his first encounter with classical music until he was 15, wants to reach out to Londoners musically and physically, visiting schools and spreading sounds.

"If we can go into the community and have the kids try the instruments, and also maybe write some music and then the orchestra can play it..." said Trudel, who has worked with the Toronto youth and national youth orchestras.

"If they can experience the joy of making music at a young age, when they come to the symphony after, it's not this weird beast, this weird thing that they have to tackle. It's a friend."

But what about adults who don't know anything about Shostakovich? Relax — there's a primer.

"If people can have the



"The important thing is to be relevant where you play music. You can play it as well as you want, but if you're not relevant where you play, it's kind of senseless, right?"

ALAIN TRUDEL

feeling that if I go to Orchestra London, it's going to be a good night," said Trudel. "It's going to be fun; the conductor's going to talk to me about the pieces before, about what I'm getting into ... I want to do pre-concert chats every concert I conduct."

For more information on Orchestra London, visit www.orchestralondon.ca.

● JIM REYNO

B-BALL

Gearing up to face Harlem

It's a question Londoners ask every year: Will the Washington Generals finally defeat the Harlem Globetrotters and break their epic losing streak?

Fans can find out the answer to this pressing question when the popu-

lar basketball entertainers return to the John Labatt Centre.

"It's become quite a staple in our schedule at the John Labatt Centre and it's something families look forward to," said Kelly Austin, marketing co-ordinator for the JLC.

The event kicks off at 2 p.m. Sunday. Ticket prices range from \$24.75 to courtside seats at \$113.75. Contact the JLC box office at 1-866-455-2849.

● METRO



► Tori Stafford

Tori murder trial set to begin early 2012

The man accused of kidnapping and murdering Tori Stafford will stand trial in London on Jan. 16, 2012.

The trial date was set by a judge at the London courthouse yesterday morning.

The court appearance

was Michael Rafferty's first court date since a judge in Woodstock ruled last month the trial would be held in London instead of Woodstock due to a concern that he would not get a fair trial in the town of

30,000.

Rafferty is facing a charge of first-degree murder in the death and abduction of Tori Stafford, who went missing two years ago this Friday.

Tori was abducted as she

left her school on April 8, 2009.

Rafferty, 30, and Terri-Lynne McClintic, 20, were charged more than one month later.

Tori's remains were later found in a field more than

100 kilometres north of Woodstock.

McClintic pleaded guilty to first-degree murder last April, and was sentenced to life in prison.

AM980/AM980.CA

WITH FILES FROM THE CANADIAN PRESS

Party stripes will not matter in rally: May

► Canadians are angry about the consortium's decision to hold her out of debates, Green party leader says



ANDREW CALEY
HALIFAX@METRONEWS.CA

It doesn't matter if you bleed green, Tory blue, Liberal red, or NDP orange. Elizabeth May wants everyone to come out in what she calls supporting democracy.

The federal Green party leader is holding five "rallies for democracy" across the country over the next five days. This, she said, after all efforts to be included in next week's two national leaders' debates



► Elizabeth May

came up short.

May is hoping to raise Green party support at the

rallies, but also said yesterday people of all political parties and backgrounds are welcome to come talk about what really matters to Canadians.

"I'd love to see all people come — see NDP and Liberal and even Conservative candidates if they feel like coming," she said in a phone interview yesterday. "We'll give them the microphone. This is about democracy."

Court hears murder was stunt gone awry

A lawyer has told jurors his filmmaker client killed and dismembered a total stranger — not in a deliberate murder, but during a publicity stunt gone awry.

"Events spiralled out of control in a way he didn't expect, and Mr. (Johnny) Altinger lay dead or dying on the floor," Charles Davison said as the defence opened its case yesterday.

Mark Twitchell, 31, is

charged with the first-degree murder of Altinger on Oct. 10, 2008. He has pleaded not guilty.

The Crown has argued that Twitchell lured Altinger to a residential garage that night, killed him and hacked up the body to match a movie shot in the same garage by Twitchell and his buddies two weeks earlier.

THE CANADIAN PRESS



► Governor General David Johnston holds a new coin he struck at the Royal Canadian Mint in Ottawa yesterday. The Royal Canadian Mint unveiled its latest collector coins commemorating the wedding of Prince William and Kate Middleton.

New coins salute Royal wedding

The Royal Canadian Mint has unveiled a pair of collector coins commemorating the wedding of Prince William and Kate Middleton.

The two coins marking the planned April 29 royal nuptials — a \$20 silver coin and a 25-cent piece — go on sale April 18 and May 2 respectively, but the mint is taking orders now.

The design of the \$20 coin, created by portrait artist Laurie McGaw of Guelph, Ont., includes an engraving of William and Kate gazing lovingly into one another's eyes.

Embedded in the coin is a sapphire-coloured crystal, reminiscent of their 18-carat engagement ring worn by Kate.

THE CANADIAN PRESS

Top Mountie didn't OK convict: Official

A senior intelligence official denies the RCMP commissioner green-lighted a security clearance for Bruce Carson, despite his criminal past.

News reports late Tuesday said William Elliott, now the top Mountie, approved Carson's Secret-level clearance in 2006, paving the way for his job as a top adviser to Prime Minister Stephen Harper.

At the time, Elliott was national security adviser in the Privy Council Office.

But the senior security source, speaking on condition of anonymity — both

before and after the reports surfaced — said Elliott was not involved in the file.

The official, who has knowledge of the matter, says the national security adviser keeps a close eye on threats to Canada but rarely plays a role in security screening. It would be "very unusual" for him to "be directly involved in questions of clearances."

The Canadian Press reported Sunday Carson was convicted on five counts of fraud, three more than is generally known, before becoming one of Harper's aides. THE CANADIAN PRESS



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Iggy boots one, questioners put boots to Harper

- ▶ Ignatieff dumps candidate who called aboriginals 'featherheads'
- ▶ Why are Tories ejecting some voters? Rooms are too crowded, says PM

HANDOUT PHOTO/THE CANADIAN PRESS



▶ Joanna MacDonald, a fourth-year environmental sciences student at Guelph University, says she was barred from a school event featuring Stephen Harper likely because of her environmental activism. "I was really shocked and kind of horrified that I was screened," she says.



A Liberal candidate in Quebec who once described aboriginal people as "featherheads" and questioned their work ethic was dumped yesterday.

The Liberals swiftly jettisoned Andre Forbes, a faint-hope candidate in a northern Quebec riding where they placed a dis-

tant third in the last election.

Forbes got the boot after leader Michael Ignatieff was questioned about the candidate's previous role as founder of a group called the Association for the Rights of Whites.

"The reported remarks of this candidate are utterly unacceptable," Ignatieff said. "They do not reflect Liberal values."

Forbes is also a member

"I think we're having good success getting people to come out."

STEPHEN HARPER

of Metis Côte-Nord, a group that has denounced "special treatment" for minorities.

Meanwhile, Prime Minister Stephen Harper took heat for his own party's

ejection tactics.

For a third straight day, he was questioned about why people with perceived links to the Liberals or NDP are being kicked out of his events.

His reply: Because the rooms are too crowded.

"Far more people come out to hear us than the other guys have," Harper said in Markham, a vital battleground.

THE CANADIAN PRESS

He wants a Mideast revolt — in Canada

The first commander of Canadian forces in Afghanistan says Canada's democratic system is not working and needs an overhaul like that taking place in the Arab world.

Pat Stogran urges young Canadians to get involved in the political process and engineer change.

Stogran left his job as veterans ombudsman amid controversy over the

Conservative government's treatment of former soldiers.

He says Canadians are "sick of our democracy" the way it now functions, and know nothing will

change once the promises are made and ballots are cast.

Stogran wants "grass-roots movements like we saw in Cairo, Tunisia and Libya." THE CANADIAN PRESS

TV DEBATES

12-minute bout for Ignatieff

Michael Ignatieff will get the one-on-one showdown he wants with Stephen Harper — sort of.

Iggy will face off against the prime minister for a total of 12 minutes in next week's

nationally televised campaign debates.

All four leaders will get face time with each of their opponents during Tuesday's English debate and the April 14 French debate — both of which are returning to a more traditional format.

Gone is the round table from the 2008 debates that was supposed to liven up the discussion. The lecterns are back.

THE CANADIAN PRESS

Nelly's tweets music to young voters' ears?

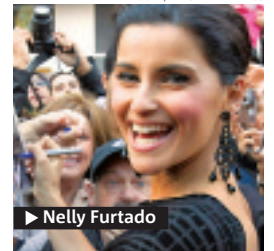
FRANK GUNN/THE CANADIAN PRESS

Nelly Furtado has launched a Twitter campaign to encourage young people to vote in the federal election.

The 32-year-old Victoria songstress has tweeted about almost nothing else in the past week.

She's dished out tips to students who will be voting outside their riding, linked out-of-country citizens to forms on the Elections Canada website and has reminded her nearly two million followers about non-democratic countries where citizens aren't allowed to vote.

The Promiscuous singer also encouraged her fol-



▶ Nelly Furtado

lowers to get educated on the issues, and provided other helpful tips.

She tweeted yesterday that those who are working on election day are legally allowed to take three hours away from the office to cast a vote.

THE CANADIAN PRESS

Layton on health: Be very afraid

NDP Leader Jack Layton says the shape of the health-care system for decades to come will be decided by who is elected on May 2.

If Prime Minister Stephen Harper "is in charge of the future of health care in our country then Canadians should be very, very worried," Layton said in rural B.C.

He added: "They want to leave it to the provinces knowing the provinces don't have the resources that are necessary."

THE CANADIAN PRESS

Catholics cite clash with Easter

Catholic bishops are concerned that advance polling days fall over the Easter weekend.

The president of the Canadian Conference of Catholic Bishops has written to the chief electoral officer asking him to accommodate Catholic staff or volunteers.

Bishop Pierre Morissette says Catholics who are Elections Canada staff and volunteers have expressed concern about having to work on those days.

THE CANADIAN PRESS

PROSTITUTION SCANDAL

Moroccan teen says media, not PM, damaging

The Moroccan teen at the centre of the underage prostitution scandal enveloping Italian Prime Minister Silvio Berlusconi insists any damage she has



suffered has been at the hands of the media, not the Italian prime minister.

Neither Karima el-Mahroug, better known as Ruby, nor Berlusconi were present at the opening of Berlusconi's trial yesterday on charges he paid the teen for sex when she was underage, and then used his influence to try to cover it up.

Both have denied having had sex with each other — and Ruby is not budging from that line.

THE ASSOCIATED PRESS

Refugee boat capsizes off coast of Italy

GIORGOS MOUTAFIS/THE ASSOCIATED PRESS



► Survivors arrive at the Lampedusa harbour in southern Italy, yesterday.

► Vessel was carrying 300 migrants from Libya in rough seas ► 250 remain unaccounted for

The boat capsized off the Italian coast early yesterday, about 64 kilometres off the coast of Lampedusa, an island closer to North Africa than Italy.

Survivors told of desperately trying to reach rescue boats as those unable to swim screamed in the darkness and pulled one another under the water.

If the number of dead is confirmed, it would prove the deadliest crossing to Italy in recent memory, and the worst

"These people were refugees twice. I appeal to all those patrolling the Mediterranean Sea to do everything they can to help ..."

ANTONIO GUTERRES, UN HIGH COMMISSIONER FOR REFUGEES



refugee disaster since a wave of migrants began arriving on Italian shores in January following popular revolts in Tunisia, Egypt and Libya.

The Italian coast guard

rescued 48 people yesterday and a fishing boat picked up another three after the boat began taking on water shortly after 1 a.m.

THE ASSOCIATED PRESS

Net-savvy group behind Chinese protest calls

Walking past hip cafes, the young Chinese man looks like any other university student in Seoul, South Korea. But the laptop in his backpack is a tool in a would-be revolution in China.

The 22-year-old computer science student is part of a group behind appeals that started popping up anonymously on the Internet seven weeks ago, calling on Chinese to stage peaceful protests to get the ruling Communist Party to move toward democracy.

Those calls have spooked the government into launching one of its broadest campaigns of repression in years to keep the protests from catching on, as they have in the Mid-

dle East and North Africa.

The group is a network of 20 mostly highly educated, young Chinese with eight members inside China and 12 in more than half a dozen other countries.

Calling itself "The Initiators and Organizers of the Chinese Jasmine Revolution" after a phrase used in the Tunisian uprising, the group is not the sole source of the protest calls; at least four others have sprung up.

Interviews with four members of the Initiators show similar evolutions: All are young people who grew to resent the government's autocratic rule and China's widespread inequality and injustice.

THE ASSOCIATED PRESS



Syria reverses veil ban

Syria closed the country's only casino yesterday and reversed a decision that bans teachers from wearing the Islamic veil — moves seen as an attempt to reach out to conservative Muslims ahead of calls for pro-democracy demonstrations.

Syrian activists called for fresh demonstrations for yesterday, today and tomorrow to honour more than 80 people killed in a crackdown on protests that erupted nearly three weeks ago.

President Bashar Assad's decisions were unusual concessions to the religiously observant in Syria, which promotes a strictly secular identity.

The protests brought sec-

tarian tensions into the open as thousands of people took to the streets calling for democracy in a country where Alawites — a branch of Shiite Islam that represents just 11 per cent of the population — have been in power for nearly 40 years. The country is overwhelmingly Sunni Muslim.

"All these moves will not stop the protests at all," said Radwan Ziadeh, a visiting scholar at the Institute for Middle East Studies at George Washington University in Washington.

The protests brought sectarian tensions into the open as thousands of people took to the streets.

THE ASSOCIATED PRESS

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Gbagbo under fire

► Ivory Coast strongman remains put as fighting ensues at his doorstep ► His soldiers seen abandoning posts

Heavy arms fire rang out yesterday near the home of the country's strongman who remained holed up in a subterranean bunker, as forces backing his rival assaulted the residence to try to force him out, diplomats and witnesses said.

Forces protecting Laurent Gbagbo appeared to rally last night, pushing back the armed group fighting to install democratically elected President Alassane Ouattara.

A spokesman for Ouattara's fighters, Yves Doumbia, said their forces breached the gates of the ruler's compound, only to be repelled by arms fire.

Political rivals

The 65-year-old Gbagbo, a former history professor, appears to have calculated his rival's weakness.

► Opponent Alassane Ouattara knows he needs to take Gbagbo alive in order to maintain international support and avoid further alienating the 46 per cent of the electorate that voted for Gbagbo in last year's election.

"We retreated but we are preparing for a second assault," Doumbia said by telephone.

Gbagbo has suffered de-

bilitating losses in the past two days. United Nations Mi-24 helicopters attacked and destroyed his arms depots on Monday. On Tuesday, his soldiers were seen abandoning their posts across the city, some rushing inside a church to tear off their uniforms and dump their weapons before discreetly exiting in civilian clothes.

A spokeswoman for Ouattara said earlier on France-24 television that the forces would eventually succeed in forcing out the leader who has refused to cede power after losing a November election.

THE ASSOCIATED PRESS



► A soldier loyal to Alassane Ouattara wears an antique gas mask as he waits to deploy with other soldiers at a checkpoint at one of the entrances to Abidjan, Ivory Coast yesterday.

REBECCA BLACKWELL/THE ASSOCIATED PRESS

Pop star's latest tune is to lead Haiti out of misery

Haiti's pop star president-elect is making the media rounds to thank voters for his easy election victory while showing off a persona considerably toned down from his extravagant bad-boy days on stage.

With Haitians wondering how the charismatic Michel (Sweet Micky) Martelly will approach governing, he showed up in a conservative grey suit Tuesday to hold his first news conference a day after election results were an-

nounced.

As he did on the campaign trail, the 50-year-old Martelly avoided any specifics about how he would lead, but appeared as far as possible from his outrageous stage persona as he spoke of reconciliation with political opponents and improving the lives of people in the most desperate, star-crossed nation in the Western Hemisphere.

"I would like to say first that I have always had the desire to change my coun-



RAMON ESPINOSA/THE ASSOCIATED PRESS

► Haiti's presidential candidate Michel (Sweet Micky) Martelly captured nearly 68 per cent of the vote in the presidential election runoff, according to preliminary election results released Monday night.

try," he said.

Haiti is confronting daunting challenges on numerous fronts, including the stalled reconstruction from the January 2010 earthquake, a cholera outbreak, hundreds of thousands of homeless and more than half the population unemployed.

Asked about his priorities for his first three months in office, Martelly, who has never held office, dodged the question like a seasoned politician: "Our

common sense tells us that in the 100-day period, we will barely have the time to build a small house."

THE ASSOCIATED PRESS

Bad-boy rep

Martelly is best known for his wild antics playing "compas," Haiti's version of merengue.

► He donned diapers and dresses, mooned the audience and cursed his rivals

Does size matter in gubernatorial bid?

A New Jersey four-year-old shown complaining on a YouTube clip can stop crying.

Gov. Chris Christie signed a proclamation yesterday making Jesse Koczon the state's honorary governor for the day.

On the video, Jesse's mother asked him why he was upset. Jesse replied, "Cause everyone tells me

I'm too small to be the governor of New Jersey."

THE ASSOCIATED PRESS

"People gave plenty of reasons why I couldn't be Governor, though being too small wasn't one of them."

GOVERNOR CHRIS CHRISTIE RESPONDED ON TWITTER

Divorce is pricey for Romania's Catholics

The Romanian town of San-georgiu de Mures, where many of the 8,000 residents are Catholic, is charging a whopping 10,000 lei (\$3,370) for divorces — 2,000 times more than what it would cost in Bucharest, the capital.

Several months ago, a

new law went into effect in Romania allowing some couples to be divorced by town hall officials.

Each municipality can set the fee, and huge discrepancies have emerged.

Town officials said yesterday the goal is to discourage divorce and that it appears to be working, since three unhappy couples decided to remain husband and wife after seeing the bill, which is nearly 60 per cent of an average annual salary.

THE ASSOCIATED PRESS

Pepper-sprayed boy's mother responds

The mother of an eight-year-old boy pepper-sprayed by suburban Denver police as he threw a violent tantrum at his elementary school said yesterday that she wishes authorities had chosen to talk him down instead.

Police in Lakewood say they pepper-sprayed Aidan Elliott twice on Feb. 22 at Glenn Heights El-

ementary School after he refused to drop a piece of wooden wall trim that he was trying to stab them with.

"I wanted to make something sharp, like if they came out, 'cause I was so mad at them," the boy said on NBC's Today show. "I was going to try to whack them with it."

THE ASSOCIATED PRESS



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CORPORATE TAX CUTS

Take the money and run?

Companies that reaped the most benefit from a massive tax reduction over the past decade underperformed on job creation, the Canadian Centre for Policy Alternatives says. The finding appears to undermine the Conservative government's rationale for pressing ahead on corporate tax cuts.

The Ottawa think-tank tracked the job-creation record of 198 of Canada's leading compa-

nies from 2000 to 2009. During that period they reported a 50 per cent increase in profits and paid 20 per cent less in taxes.

But from 2005 to 2010, those companies grew their employment by five per cent, less than the six per cent average for the entire economy.

Private sector economists argue that, once other factors are eliminated, reducing corporate taxes makes Canadian firms more competitive, resulting in greater investment and jobs. But the CCPA says the companies studied mostly pocketed the cash.

THE CANADIAN PRESS

Joltin' joe: Price of coffee takes flight

CHRIS YOUNG/THE CANADIAN PRESS



Higher food costs expected to hit restaurant meals by the fall

As higher prices percolate at the country's largest coffee chain, Canadians should brace themselves to pay more for restaurant meals as well, experts say.

Tim Hortons customers will pay seven cents more for a large cup of coffee starting Monday. That brings the cost to \$1.57 plus tax. With the price of wheat rising 68.4 per cent over the past year, Tim's is also raising the cost of some baked goods, spokesman David Morelli said.

Tim Hortons' 4.5 per cent coffee-price increase is in line with predictions that suggest a five to seven per cent increase in the price of food by the end of the year, said Adrienne Warren, senior economist at Scotiabank.

The price of coffee, co-

coa, wheat, sugar, beef and other commodities started rising about nine months ago, and it takes about that long for costs to work their way down to consumer wallets, she said. The higher price of oil and gas used to deliver food adds to the price Canadians pay.

"Once the costs increase at the wholesale level and the grocery-store level, you can expect some to pass through to restaurants as well," she said.

Some major Canadian food manufacturers are also charging more.

Maple Leaf Foods raised its bakery prices by 20 cents per unit at the end of last month, and breadmaker George Weston Ltd. is charging five per cent more for its products.

THE CANADIAN PRESS

Market moment

TSX



- 67.88
(14,202.65)

Dollar



+ 0.37¢
(104.12¢ US)

Oil



+ 49¢ US
(\$108.83 US)

Natural gas

1,000 cu ft

\$4.208 US

(- 2.3¢ US)

Gold contracts

\$1,459.10 US

(+ \$6 US)

PRICES AS OF 5 PM, YESTERDAY

► The worst rains in decades in major coffee grower Colombia have created a breeding ground for a fungus that attacks coffee plants. That, and growing demand in China and India, has caused world stockpiles to dwindle and chains such as Tim Hortons to raise prices.

Loonie wobbles amid European debt crisis

The Canadian dollar closed higher yesterday but well off early highs as the European debt crisis took a new turn.

The loonie was up 0.37 of a cent at 104.12 cents US after surging as high as 104.5 cents US, its highest level since November 2007 as the U.S. dollar

weakened.

The European debt crisis was sharply in focus late in the afternoon after Portugal's prime minister said his country will ask for a bailout owing to its high debts and difficulty raising money on international markets.

Portugal becomes the



► Both the loonie and the U.S. dollar weakened against the euro after Portugal's prime minister said his country will ask for a bailout owing to its high debts.

third financially troubled eurozone country, after Greece and Ireland, to request assistance from Europe's bailout fund and the International Monetary Fund. Analysts expect Portugal will need up to 80 billion euros (\$110 billion).

At home, the news is

brighter as traders look ahead to solid Canadian employment numbers at the end of the week. Statistics Canada is expected to report on Friday that the economy added about 30,000 jobs last month. That data could further strengthen the currency.

THE CANADIAN PRESS

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| Bangladesh | Iran | Lebanon | Romania | Ukraine | Vietnam |
|  Australia.....1.9 C/min |  Pakistan.....5.9 C/min | | | | |
|  Bosnia.....13.9 C/min |  Philippines.....11.9 C/min | | | | |
|  China.....1.9 C/min |  Poland.....1.9 C/min | | | | |
|  Colombia.....3.9 C/min |  Russia.....1.9 C/min | | | | |
|  Cuba.....89.9 C/min |  South Korea.....2.9 C/min | | | | |
|  El Salvador.....9.9 C/min |  Sri Lanka.....9.9 C/min | | | | |
|  Germany.....1.9 C/min |  Trinidad.....4.9 C/min | | | | |
|  India.....2.9 C/min |  U.A.E.....14.9 C/min | | | | |
|  Israel.....1.9 C/min |  U.K.....2.9 C/min | | | | |
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He says ...

JOHN
MAZEROLLE

FIGHTING THE GOOD FIGHT

Because your partner is so often wrong, conflicts are a normal part of any relationship.

If you never argue, your relationship may have fundamental problems — such as an imaginary partner constructed from the shattered pieces of your psyche. Or a dead partner who, to you, just looks a little blue. Nobody wants to argue. But it's inevitable. Observe two typical arguments that come up between every couple.

Problem No. 1: She is upset because he left the toilet seat up, causing her to extend her arms for a moment to put the lid down. He counters that she leaves the lid down all the time, reducing his target area, then complaining when his aim falters.

Problem No. 2: He is upset because he wants to see the action flick Terminal Explosion 2 while she wants to see Love In The Time Of Whooping Cough. They compromise by seeing Last Airbender 2: The Second-Last Airbender and both go home miserable.

As you can see, the only possible solution is a good argument. That's why I have prepared the following guide for fighting the good fight. You're welcome.

Know your place: Sometimes it's best to hold your fire, even when you are right. For instance, never say, "That is the ugliest wedding dress I've ever seen" unless you are well in front of the congregation.

Take time outs: This allows your partner to think about just how wrong they are. Then, when they have relaxed, you pounce.

Use laughter: Make light of your partner's clothing, hair, or speech impediment to diffuse the tension, then watch the love grow.

Avoid broad statements: Never use broad, sweeping statements like, "I hope you burn in hell!" Instead, try more specific, realistic statements like, "It is my great wish that you will spend the rest of your life in a Saudi prison." From here, the healing can begin.

Yell: Screaming at the top of your lungs is a way of letting your neighbours know that you are so confident in this particular argument that you are willing to share its finer points with the entire neighbourhood, that they might scrutinize them.

Practise: You will never get good at bickering unless you do it every day.

Be prepared: If it's the male causing the problems — and it is — then couples may want to reduce the chance of injuries by purchasing a Nerf-brand Throwing Shoe.

And that's my advice. The only other tip I might give is never go to sleep angry. Every satisfactory argument should have a proper ending, much like a proper newspaper column.

So there.

Read more of John Mazerolle's columns at metronews.ca/hesays

Lady Gaga to guest edit Metro May 17 editions

International pop superstar Lady Gaga will be Global Guest Editor-in-Chief for all May 17 editions of Metro ahead of her highly anticipated Born This Way worldwide album release May 23.

In her role as Global Guest Editor-in-Chief, Lady Gaga will highlight issues surrounding equality and individuality, select stories and provide her comments on the breaking news of

the day.

Lady Gaga will edit Metro's editions in 20 countries from the London, England, office of Metro World News, Metro's central news desk.

As part of the Global Guest Editorship, Metro will also run a competition where one lucky reader — from one Metro country — will be chosen to serve as Lady Gaga's editorial assis-

Contest

Stay tuned to Metro and metronews.ca for more details on how to enter the contest and for exciting exclusives from Gaga.

tant in London.

The contest is open to Metro readers and Gaga fans around the world, and will challenge entrants to

share what makes them Born This Way, and to identify what issues of equality affect them.

"Let's see how fans would define what Born This Way is for them," Lady Gaga said. "I say I was born to be brave. That's part of my mission in life. I was born to follow my artistic visions. Look into yourself. Are you born to be brave?"

● METRO

Tweets

- ▶ @kellyziegner: #LDNont women's only @dodgeballsport tournament — GAME ON! <http://on.fb.me/giPE05>
- ▶ @stephenyu: Oh mother nature you are SO hilarious. #weather #ldnont
- ▶ @shanwow1982: Not impressed with the snow situation outside in #ldnont
- ▶ @JelenaBelievolt: Im officially concerned about us over here in #ldnont. I wonder what the weather will be like the day after tomorrow ...
- ▶ @DylanDonovan: getting splashed by a bus, good way to start the day. Now I'm cold and wet in the library. #ldnont why is it still snowing? Its april?
- ▶ @EssexHall: #UWO we know you care about volunteering oh yes we do! Help out @USCVolunteer and like their FB page! <http://on.fb.me/i5ry6B>
- ▶ @novacks: Want to learn about Ontario's secret travel destinations #ldnont? Ron Brown talk Mon April 11 @ 7pm here at Novack's: <http://on.fb.me/fouxMp>
- ▶ @LSFSinc: LSFS is looking for energetic team players to join our Events Committee. Help plan #ldnont's biggest film event. (RT if love film)

Cartoon by Michael De Adder



#ELXN41: BE HEARD

Your chance to be heard this election

At Metro, we think conversations about the future of our cities are important.

Because of this, we would like the leaders of the federal parties to tell us about their vision for cities, and the role they think cities play within the federation.

Here's the plan: We're inviting the leaders of the five major national parties — Stephen Harper, Michael

Ignatieff, Jack Layton, Elizabeth May and Gilles Duceppe — to respond to questions about urban issues.

Want to join the conversation?

Send us your questions on Twitter at @themetrolondon, Facebook at facebook.com/themetrolondon or at metronews.ca/beheard.

We will send a selection of your questions to each party leader and print their responses in Metro on Wednesday, April 20.

On April 21, our urban affairs team will host an online chat about the responses, and the impact they could have on city life — and we would like you to join us for that, too.

CHARLOTTE EMPY
EDITOR-IN-CHIEF

Honouring London's music industry

► The Jack Richardson Music Awards brings together the city's top musicians ► There are plenty of events to check out over the weekend ► London's own Shad starts things off tonight

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



When snow turns to rain in the forest city you know it's time for the Jack Richardson Music Awards. This annual event, named after the famed Canadian music producer, celebrates local music, bringing the hip-hop, country, metal and folk communities together.

On Saturday morning the JRMA festivities kick off with seminars, free to attend and open to the public. The seminars cover everything from how to make money in the music industry to how to record an album, concluding with a keynote speech from Titus Ferguson, marketing and social media expert, on the role social media plays in the music industry. Each seminar involves a panel of Londoners embedded in the music industry — including Olenka Krakus, of Olenka and the Autumn Lovers and Pat



► Raised by Swans are nominated for a Jack Richardson Music Award in the fan favourite category.

Maloney, Entertainment programmer for Fanshawe College.

On Sunday evening the Jack Richardson Music awards will be hosted at the London Music Hall by Drew Skitt, producer of London Calling and The Joys leading lady Sarah Smith — who won a JRMA with the band last year.

"Their aim this year was to go at a younger demographic so I think they

were hoping younger hosts would draw a younger crowd," said Skitt.

But for Skitt it's about representing a man he respects.

"Anybody that knows what Jack Richardson did for this community and Canadian music — they know how much he cared about our music scene. He had a gift for production — integrity and passion — and stood for some solid

things," Skitt said.

Richardson is well known for his work with The Guess Who and his commitment to London's music scene — teaching at Fanshawe College in the Music Industry Arts program.

The evening will include performances by local musicians — still unannounced — but if last year's lineup is any indication (A Horse and His Boy,

The Dixie Flyers and Lido Pimienta all performed) it's going to be a fun night.

Start the weekend early at the London Music Club for Shad's homecoming show tonight.

Following his Juno win for TSOL as the year's best rap recording, Shad will be joined by remix artists Keys N Krates. Tickets for the show are \$15 — well worth it to see the London native.

2

scene

Scene in brief



James Franco has yet another new undertaking: employee of The Colbert Report. The actor appeared on the Comedy Central program Tuesday and said he wanted to work for host Stephen Colbert.

One of Franco's many interests is performance art, and he said he considers Colbert a great contemporary artist. Said Franco: "You rule. I want to work with you." Franco earnestly pleaded to work for the show as an art consultant, and Colbert pronounced him hired.

THE ASSOCIATED PRESS

An amazing connection of a man and his birds

A fancy for pigeons has made former heavyweight boxing champion Mike Tyson the baddest man on Animal Planet.

The ex-fighter with the nasty past and fearsome tattoo is the star of the six-part series Taking On Tyson that documents his life-long relationship with the most urban of birds and his passion for pigeon racing.

His love affair with the birds goes back to his childhood in a rough section of

Brooklyn, N.Y., where he was picked on by other boys for wearing glasses and being overweight.

"One day I was walking around school and three or four guys approached me," Tyson recalled this week. "They started checking my pockets, asking for money and then they asked me: 'Do you want to fly with us?'"

"This was pigeon terminology I didn't know. I said OK because I didn't want



► Mike Tyson

them to think I was scared."

The bullies sent Tyson from roof to roof, scaring pigeons back to their roosts, and doing other chores for an afternoon, then sent him on his way. They were surprised to see Tyson back again the next day, volunteering for more.

"That's how I started flying pigeons," he said. He once said his first fight was with a boy who killed one of his pigeons.

A troubled youth and fre-

quent arrests led Tyson to a reform school in upstate New York, where a coach placed him under the wing of legendary fight trainer Cus d'Amato. The rest was history.

Tyson calls pigeons "the first animal I ever connected with."

"People all over the world are going to see it and it's going to broaden people's understanding of pigeons," he said.

THE CANADIAN PRESS



In Web video, Billy Crystal returns for ghoulish sequel to When Harry Met Sally

IMAX goes wild — in 3-D

► Director David Lickley takes viewers to Borneo and the Savannah to see orangutans and elephants in 3-D

PHIL BROWN
SCENE@METRONEWS.CA

Born To Be Wild 3D is the latest IMAX wildlife documentary that uses the immersive medium to transport audiences into the wonders of nature.

In this case, the focus is on the remarkable efforts of Dr. Birute Mary Galdikas, who saves and raises orphaned orangutans in the rainforests of Borneo, and Dr. Dame Daphne Sheldrick, who provides the same service for orphaned elephants in the Kenyan Savannah.

Veteran IMAX director David Lickley says he was attracted to the project because “these two women are absolutely amazing and the animals are fascinating, intelligent and pas-

sionate. The stories of both the humans and the animals they rescue needed to be told.”

Lickley described transporting his crew to the remote filming locations as “a logistical nightmare. We had 30,000 pounds of equipment that we had to take deep into the desert and rain forest.”

The physical challenges of the project were immense, but aided by new technology created specifically for the movie.

“We built and pioneered a new 3-D IMAX camera that’s digital with no film involved. It has the same IMAX quality, but also the lightness and quietness of digital photography. We could put the camera on a crane and go up 20 meters in the air in the rainforest.

Things that had never been done before and allowed for an all new level of audience immersion.”

The results speak for themselves. Lickley created grand sweeping imagery that pulls the audience into the vast wilds of the Savannah desert and Borneo rainforest. On a technical level, the film is remarkable, but it’s also a project that the director hopes will inspire a conservationist passion in his audience.

“I hope there will be young people in the audience who will grow up to become Birutes and Daphnes themselves,” Lickley says. “Hopefully in some small way the film can ignite that spark, because we dearly need more people like them.”



► Watch these orphaned elephants get a new lease on life in Kenya in the new 3-D IMAX film Born to be Wild.

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Knight rises again

► With Pittsburgh as a back drop and Anne Hathaway as cat woman, the next Batman caper will be a hit

Criminals beware: Batman will be on the beat this summer in Pittsburgh.

Film director Christopher Nolan, who has helmed the two previous Batman films — starring Christian Bale as the caped crime fighter and his alter ego, Bruce Wayne — said Tuesday the Pennsylvania city will host filming for a third film for at least a month.

“Pittsburgh is a beautiful city. We have been able to find everything we were looking for here and I am excited to spend the summer in Pittsburgh with our final installment of Batman,” he said in a statement, adding that he finally settled on the city because of its architecture and diverse sampling of locations.

Mayor Luke Ravenstahl said the decision was “another example of the growing film industry in our community and we will be rolling out the red carpet for them.”



► Christian Bale is shown as Batman in a scene from The Dark Knight.

The city is no stranger to film productions, having been the location for more than 100 film and television products since 1990, including I Am Number Four and Kevin Smith’s Zack & Miri Make A Porno.

The Pittsburgh Film Office is a non-profit economic development agency that markets southwest Pennsylvania as a location for filming.

“Film production means jobs for Pennsylvanians, it’s as simple as that,” office director Dawn Keezer said. “A single film can mean mil-

lions of dollars and many local jobs.

A franchise as prestigious as Batman opens our region up to an entirely new audience as filmmakers and studio executives experience southwestern Pennsylvania.”

She said filming could last between four and six weeks and will start in July. The film, The Dark Knight Rises, is scheduled to be released in July 2012, and stars Bale, Gary Oldman, and Anne Hathaway as Catwoman.

THE ASSOCIATED PRESS

ALL PHOTOS GETTY IMAGES FILES



▶ Lindsay Lohan

Lohan to play Manson victim?

There's at least one person in Hollywood who's eager to work with Lindsay Lohan: Her friend and photographer Tyler Shields, who is planning a movie about Charles Manson. Shields says he's eyeing Lohan to play Sharon Tate, the victim of Manson's

crazed followers. "Sharon Tate was a movie star. So I want [an actress who] you already have a back story with. People have a back story with someone like Lindsay," Shields, who plans on playing Manson himself, tells Entertainment Weekly. **METRO**

Angie and Brad: It must really be love

▶ Actress shows commitment in her usual form ▶ Means she's ready to settle down?

Angelina Jolie sparked new adoption speculation when she showed up in Tunisia with a new set of map coordinates tattooed on her arm.

The actress already has the coordinates for the birthplaces of her six adopted children, so a new set might suggest a new addition to the family, right? Wrong. Sources

tell In Touch the coordinates are actually for partner Brad Pitt's birthplace in Oklahoma.

"She got the seventh line right around the time she and Brad moved the kids back to L.A.," a source says. "Angelina has finally agreed to Brad's long-standing request to settle down."

METRO


▶ Brad Pitt and Angelina Jolie

Silhouette window shutters

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Princess Diana's famous dresses to hit the auction block in Toronto.

How to pull off neon at work

► Day-Glo colours look great on the runway ► But in your little cubicle at work? ► We road test the season's eye-popping brights



**KENYA
HUNT**
METRO WORLD NEWS

If you're like me, Day-Glo colours conjure up images of a mixture of things — none of them particularly good. Think the synthetic hair on My Little Pony dolls, George Michael's short shorts in old Wham! videos, flickering Bud Light signs at gas stations and American Apparel leggings.

But in fashion, these cornea-popping brights couldn't be more "haute" courant. Think Christopher Kane's sublime laser cut leather and lace skirts in hot pink, Miu Miu's silk pleated dress in fluorescent yellow, or Jil Sanders bold florals. Blame them for all the candy colours you've been seeing in Zara, Top-

NICK CUNARD



Wearing it

► Yours truly, testing out the Small Doses Approach in the office. Suno blouse and dress, sunony.com

"The challenge: wearing brights in a way that looks chic and not MTV circa 1983."

shop, H&M and the like. The challenge: wearing brights in a way that looks chic and not MTV circa 1983. You're not going to an awesome '80s theme party, after all.

Right about now, you may be imagining your boss balking at the sight of a dress in go-to-hell yellow, a flagrant rebellion against the navy, black and tan of

nine-to-five world. Or someone on the train mistaking your neon orange blazer for a safety vest. Don't think about that.

This look can work in the office. There are several foolproof routes you can take. 1) The Small Doses Approach, in which you use neon as a pop of contrast against an otherwise sensibly coloured look. It could be as simple as a neon pink collar poking out from underneath the neckline of a respectable gray sweater, a fluo green belt cinching a nude coloured dress or a brazenly bright orange

manicure. And then there's option 2) The Whole Hog Method, in which you take a series of separates in different bold hues (a green pencil skirt, blue button down and yellow trench coat, for instance) and wear them all at once — fashion types like to call it colour-blocking.

I've tried both at work and managed to even get a compliment from our hard-bitten news editor who rarely misses an opportunity to make fun of my fashion-loving ways. Nevermind that he followed the nice words up with this gem:

"It's great and versatile. You can use it for cycling at night."

But even if he did crack wise, no worries. The most important rule when it comes to wearing a bold colour is to accessorize the look with your attitude. It's less about what others think of you in the outfit, and more about how you feel wearing it.

POP GOES THE COLOUR



MIU MIU
shoulder bag

► \$1095, miumiu.com



MARNI
ballet slipper flats

► \$500, marni.com



ILLAMASQUA
nail polish

► \$24, netaporter.com

A way to solve that skin dilemma

THE KIT

Microdermabrasion treatments, however ingenious, can sometimes distress your skin. Dr. Frances Jang, a dermatologist in Vancouver, has these tips to turn that mess around.

• Avoid hot water, harsh

soap and exfoliants. "Cleanse with cool water and a non-lathering, soap-free formula like Cetaphil Gentle Skin Cleanser (\$10, cetaphil.ca), or don't use a cleanser at all," says Jang.

• Avoid acne products. Their exfoliating properties will

UV damage, so use a high-SPF sunscreen for sensitive skin.

• Use a plain moisturizer without anti-aging ingredients,

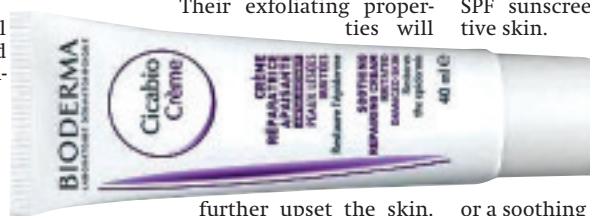
further upset the skin.

• Avoid sun exposure. You're more vulnerable to

or a soothing balm such as Bioderma Cicabio Soothing Repairing Cream (left), or La Roche-Posay Ci-

caplast (\$19, laroche-posay.ca), designed to calm distressed skin and accelerate healing. And remember, "you can't use past experiences as a measure of how your next appointment will go."

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Springtime window treatments

► Here comes the sun: Decorating expert Karl Lohnes offers tips on dressing up your windows

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

It's easy to see why so many people leave their windows barely covered.

Considerations like function, style, colour and cost get most people nervous, allowing a bed sheet to do the job for them. Unless you live in the country, most of us need window treatments not only for privacy, but to keep the sun out and to dress the windows on the inside.

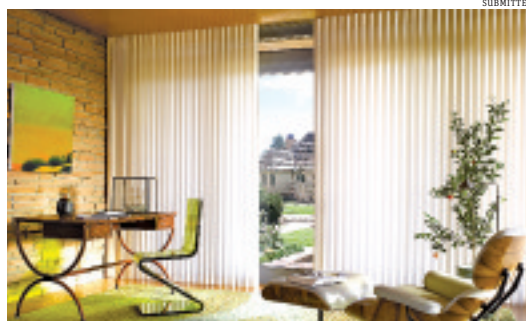
There are three mainstay choices for window trends this spring: draperies, shades and sheers. Here's a quick debriefing of what they're all about and where to use them.

For the past decade we've seen draperies go by the wayside to blinds but the pinch-pleated, fully lined couture-looking drapes are making a return. They are usually installed as inoperable side panels and dress up the room with fabric and colour.

Lush fabrics are what's hottest right now — shiny silks in bright colours and linen in neutral tones are



► Window treatments serve many purposes, such as keeping the sun out and providing privacy. But perhaps most importantly, they dress the windows on the inside and can give your living space an elegant, pleasing look.



most popular.

Drapes should be hung $\frac{1}{2}$ above the window for low ceilings and $\frac{3}{4}$ above the window in a room with higher ceilings.

Never should the drapery rod be hung just at the top of the window or all the way up at the ceiling.

Draperies should not touch the floor ($\frac{1}{2}$ inch off the floor is perfect) which will give them a cleaner,

tailored look. They need to have another fabric lining behind for fullness, body and sun protection.

Wondering what colour of drapery fabric to choose? Match it to your wall colour. A shade lighter or darker will work best, for as long as your paint colour is working in the room, then so will the drapes.

Whether it be shutters, mini blinds or sheer



shades, the simple, clean look of blinds has prevailed in window fashions for quite a long time. I believe that every window needs some sort of a blind system to filter the light and offer privacy. What's fashion-forward for spring are match-stick-style roman blinds in neutral sand and driftwood tones for a rustic look, or roll-up woven sheer-weave blinds that create a

smooth, slightly see-through effect.

Motorized blinds are all the rage in spaces with tall ceilings. One touch of remote (yes, another remote in our lives) and the blinds can be brought up or down.

For longevity, blinds should be similar colour/tonal as the window trims. If you have white window frames then your blind should be white. For

wooden trims, a neutral linen or pale brown tinged blind will work best.

We all think of sheers as something our grandmother had in the '50s and '60s: shiny, see-through fabric bunched up to the living room window.

Sheers have made a return — they offer privacy and light control when closed and the softness of draperies that blinds cannot give. They are also great looking when stretched wall to wall in a room.

They'll give big impact and help to hide various uneven windows and balcony doors. Look for natural materials for blinds like gauzy linens and cottons (no shine please!).

Good sheers will be custom made to sit $\frac{1}{2}$ inch off the floor and will be weighted at the bottom so they hang straight down for a tailored appearance.

The easiest way to hang them is with a hospital track style rod which sits tight to the ceiling and is barely noticeable. A great option to sheers is the Luminate Privacy Sheers from Hunter Douglas (hunterdouglas.ca).

They have the ease of a vertical blind and the clean-lined look of modern sheers. Sheer-type window treatments tend to look best in fresh, crisp white or in a fabric choice, which is the same colour as the walls.

Painting wood panelling can be easy and relatively cheap

DIY IDEAS

A trend of the 1960s, wood panelling is found in many old houses.

It commands the room's attention and is often considered an eyesore for homeowners who prefer bright, crisp walls.

Luckily, painting over the wood panelling is incredibly easy and cost-effective.

DIY Network Canada's House Crashers (airing Wednesdays at 9 p.m. ET/PT and 9:30 p.m. ET/PT) offers a step-by-step guide to bringing a room into the 21st century.

Prep the space

Before priming and painting, lay down a drop cloth or layers of newspaper to protect the floor. Also, apply painters tape to the ceiling and baseboards to facilitate a clean line finish.

Prep the wood

To get the panels ready for their makeover, fill nail holes and other imperfections with caulk. When the caulk dries, sand it down and run a moist cloth over the entire wall to wash away any dust and debris. Unless the panelling is splintered or extra glossy, there is no need to sand the entire wall.

Prime time

Picking a primer is an important step when painting

wood panelling. An oil-based primer is recommended over a water-based one, because oil-based formulas are more durable.

This means no grease or wood stains will come through and ruin the final finish. Using a paint roller, apply a thin and even coat of primer over all the wood panelling.

Use a paint brush to cover any cracks and corners that the roller didn't reach to ensure that the entire

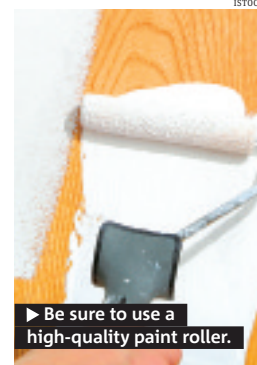
surface is covered.

Get painting

Once the primer dries, use a high-quality paint roller to apply one thin and even coat of latex paint.

Again, use a paint brush to get to any spots the roller missed. Allow the paint to dry completely and then apply a second coat for better coverage and a richer colour.

DIY NETWORK CANADA'S HOUSE CRASHERS AIRS ON WEDNESDAYS AT 9 P.M. ET/PT AND 9:30 P.M. ET/PT



► Be sure to use a high-quality paint roller.

Naturally sweeten your diet with Medjool dates

► This pasta mixes sweet and savoury with dates, feta cheese & spinach



THE CANADIAN PRESS HO

► The dates used in this pasta are full of fibre, potassium and magnesium.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



A combination of sweet and savoury makes this Medjool

Date-Nut Pasta tasty and adds a different twist to your dinner table.

With fresh spinach and salty feta, the sweet tender dates are the perfect addition to the fettuccine.

Registered dietitian Bridget Davidson says Medjool dates, with their fibre, potassium and magnesium, are an excellent addition to the diet. They are fat- and sodium-free and a serving of two dates contains 140 calories.

"They are also an excellent source of polyphenols, which can ... help to reduce some risks of some free radicals. Free radicals can cause cancer. So dates ... are one of several fruits and vegetables that can certainly add to that high level of antioxidants which we need," Davidson said.

Preparation:

1 In large bowl, combine spinach, feta, dates and walnuts; set aside.

2 In bowl, whisk together oil and lemon juice. Drizzle over spinach mix and toss to coat evenly.

Ingredients:

- 10 cups (2.5 L) spinach leaves, coarsely chopped
- 8 oz (250 g) feta cheese
- 1/2 cup (125 mL) pitted and chopped Medjool dates
- 1/2 cup (125 mL) chopped walnuts, toasted

3 Garlic Breadcrumbs: In skillet, heat oil over medium heat and cook garlic for 30 seconds; remove. Add breadcrumbs and cook, stirring until browned. Set aside.

4 Meanwhile, in large pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain and return to pot. Add spinach mixture to pasta and toss to combine well. Divide among 6 plates and sprinkle with toasted breadcrumbs.

THE CANADIAN PRESS/ BARD VALLEY MEDJOOL DATE GROWERS ASSOCIATION

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA.

- 1/3 cup (75 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- 1 lb (500 g) fettuccine
- Salt and d black pepper
- Garlic Breadcrumbs**
- 1 tbsp (15 mL) olive oil
- 1 clove garlic, sliced
- 1 cup (250 mL) fresh breadcrumbs

Chicken & Crispy Wonton Salad



THE CANADIAN PRESS HO

Preparation:

1 In skillet, heat canola oil and fry wontons over high heat until crisp and golden, turning once. Drain on absorbent paper.

2 Dressing: In bowl, whisk lime juice and zest, soy sauce, brown sugar, sesame oil, shallots and sesame seeds. Mix chicken with half of the dressing; set aside. In bowl, toss basil, mint and cilantro with arugula.

3 To assemble salad: Divide arugula and herb mixture among 4 plates. Top with a crispy wonton, some chicken, slivers of red pepper and 5 mL (1 tsp) of the dressing. Add another layer of crispy wonton, chicken, red pepper and another 10 mL (2 tsp) of the dressing. Garnish salad stacks with green onion, peanuts, sesame seeds and a sprig of fresh basil.

THE CANADIAN PRESS

Ingredients:

- 2 chicken breasts, skinless, bone-in, roasted and diced
- 250 mL (1 cup) canola oil
- 8 wonton wrappers
- 50 mL plus 30 mL (1/4 cup plus 2 tbsp) lime juice
- 10 mL (2 tsp) lime zest
- 15 mL plus 10 mL (1 tbsp plus 2 tsp) soy sauce
- 30 mL (2 tbsp) brown sugar, packed
- 15 mL (1 tbsp) sesame oil
- 30 mL (2 tbsp) finely

- minced shallots
- 15 mL (1 tbsp) sesame seeds, plus for garnish
- 125 mL (1/2 cup) basil leaves, minced
- 125 mL (1/2 cup) mint leaves, minced
- 125 mL (1/2 cup) cilantro leaves, minced
- 1.5 L (6 cups) arugula (rocket)
- 1 red pepper, cut into slivers
- 125 mL (1/2 cup) chopped green onions
- 50 mL (1/4 cup) chopped peanuts
- 4 sprigs basil

From TV screens to bookstores

Kary Osmond knows her way around the kitchen and has been familiar with culinary undertakings since she was six.

"I helped in my parents' Ukrainian deli in Mississauga (west of Toronto), getting platters ready for banquets and other events," says the 32-year-old host of CBC TV's show Best Recipes Ever, which airs weekdays at 3 p.m.

It's a gig Osmond has aspired to for years. She always dreamed of having a cooking school or show.

After graduating from the chef's program at Toronto's George Brown College, she landed a posi-



tion at a restaurant.

In her spare time, she was an avid viewer of the Food Network Canada and Canadian Living Cooks.

So it was fortuitous that she would be chosen for

Best Recipes Ever, because, coincidentally, Osmond takes advantage of Canadian Living Magazine's vault of recipes and mealtime solutions on the show.

Busy home cooks can now also find many of those same recipes in one collection entitled Best Recipes Ever: Easy, Affordable, Healthy Meal Solutions for Everyday Occasions (Transcontinental Books, \$29.95, paperback).

It showcases all of the recipes featured on the show's first and second seasons.

Here is a recipe for halibut curry from the book.

It is one of Osmond's favourites. It comes together quickly and is elegant enough for dinner guests.

Preparation:

1 Remove skin (if any) from halibut; cut fish into 4-cm (1 1/2-inch) cubes. Set aside.

2 In a large skillet, heat oil over medium heat; cook onion, garlic, curry paste, ginger, jalapeno (if using), coriander, salt and turmeric, stirring occasionally until onion is softened, about 6 minutes. Add spinach; cook, stirring, until wilt-

ed about 2 minutes.

3 Stir in tomatoes and 250 mL (1 cup) water; bring to a boil. Add fish; reduce heat and simmer,

stirring occasionally, until fish flakes easily when tested, about 8 minutes. Stir in lemon juice.

THE CANADIAN PRESS

Ingredients:

- 750 g (1 1/2 lb) halibut (or other firm-fleshed white fish)
- 30 mL (2 tbsp) vegetable oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 30 mL (2 tbsp) mild curry paste
- 15 mL (1 tbsp) minced ginger root

- Half jalapeno pepper (optional), minced
- 5 mL (1 tsp) ground coriander
- 2 mL (1/2 tsp) salt
- 1 mL (1/4 tsp) ground turmeric
- 1 L (4 cups) baby spinach (about a 170 g bag)
- 175 mL (3/4 cup) canned crushed tomatoes

Les Bleu Jays? Team looks east

► Toronto president Paul Beeston says he's open to bringing team to play a game in Montreal

Toronto Blue Jays president Paul Beeston says he's open to the idea of realizing the dreams of some Quebec fans and bringing his team to Montreal's Olympic Stadium for a visit.

"Certainly we would like to play a game in Montreal or in Quebec at some point in time," Beeston told The Canadian Press.

"I think it would be a terrific idea."

Montreal has been without its own baseball team since Major League Baseball moved the team to Washington in 2004 as the Nationals.

The Blue Jays do have a Montreal connection — general manager Alex Anthopoulos was born in the city.

"We actually have a Montreal-born general manager whose family is still there, whose roots are in Montreal, so it would be like him taking his team home," Beeston said.

Beeston made his comments in response to fan postings on a blog on the website of Montreal radio

station CKAC Sports.

Fans said he has to build loyalty among Montreal's Blue Jays supporters now that some of the team's games are being broadcast in French on CKAC.

Several fans wrote they'd like to see the Jays play a game at Olympic Stadium and weren't deterred when it was suggested by others the former home of the Montreal Expos is no longer equipped for baseball.

"If we can build an 80,000-seat stadium for two U2 concerts, we can certainly spend a few dollars to stage a baseball game," wrote a man who identified himself as Frank.

Beeston noted in the interview the team played exhibition games in "the old days" in Vancouver, Ottawa and Calgary and tried to play one in Saint John, N.B., but was snowed out.

But he said it is too early to suggest when the team might make a swing through La Belle Province.

THE CANADIAN PRESS



► Rajai Davis gets tagged out by Oakland first baseman Daric Barton during first inning in Toronto last night. The Jays won 5-3 to improve to 4-1 on the season.

4
sports

Quoted



"Although there is a lot of recovery and healing to take place, I am very optimistic for a good outcome."

INJURED VANCOUVER CANUCKS CENTRE MANNY MALHOTRA IN A STATEMENT RELEASED BY THE TEAM YESTERDAY. THE 30-YEAR-OLD HAS UNDERGONE TWO SURGERIES AFTER BEING HIT IN THE LEFT EYE BY A PUCK MARCH 16.



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In a strong position

► At 9-0, Canada in ideal spot as playoffs approach ► Only Scotland can finish with better record

Canada's Jeff Stoughton secured not only a playoff berth, but a top-two finish in the preliminary round at the Ford World Curling Championship yesterday.

Victories over Sweden and the Czech Republic put Canada at 9-0 with four draws remaining in the preliminary round.

Stoughton's Winnipeg team remained the only unbeaten country in the 12-team field in Regina.

Canada downed Sweden's Niklas Edin 10-6 after beating Jiri Snitil of the Czech Republic 9-4.

The hosts have wins over the countries closest to them in the standings

and would thus finish higher in the event of a tie. Only Scotland's Tom Brewster, at 7-1 yesterday, could finish with a better record than the Canadians.

The top four teams make the Page playoff and the format rewards a top-two finish with a second playoff life. The No. 1 and No. 2 meet tomorrow with the winner advancing directly to Sunday's final. The loser can still get to the final via a semifinal win Saturday over the winner of the sudden-death playoff between the third and fourth seeds.

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► Canadian skip Jeff Stoughton, centre, celebrates his team's win over Czech Republic with third Jonathan Mead, left to right, lead Steve Gould and second Reid Carruthers yesterday.

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Robert Kiyosaki will not attend this event.

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Women's ski jumping will be in 2014 Games

ALASTAIR GRANT/THE ASSOCIATED PRESS

After an unsuccessful legal battle for inclusion at the 2010 Vancouver Olympics, women's ski jumping won its place yesterday on the program for the 2014 Winter Games in Sochi.

The International Olympic Committee executive board also approved the addition of men's and women's ski halfpipe, mixed relay in biathlon and team events in luge and figure skating.

"The inclusion of these events ... is sure to be appreciated by athletes and sports fans alike," IOC President Jacques Rogge said. "These are exciting, entertaining events that perfectly complement the



► President of the IOC Jacques Rogge before an IOC board meeting in London yesterday.

existing events on the sports program, bring added appeal and increase the number of women participating at the games."

Proposals for inclusion

of slopestyle events in snowboard and freestyle skiing and a team Alpine skiing event were put on hold for further review.

THE ASSOCIATED PRESS

Rooney lifts Man U to victory

Wayne Rooney put Manchester United a big step closer to the Champions League semifinals yesterday, scoring in the first



half to secure a 1-0 win over Chelsea for the club's first victory at Stamford Bridge in

nine years.

Rooney followed up his hat trick in the Premier League this

weekend by meeting Ryan Giggs' pass in the area and calmly slotting the ball into the net via the far post in the 24th minute of the first leg of their quarterfinal.

That was all United needed against an ineffective Chelsea.

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\$409,900
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Prime location next to London Health Science Centre. Enjoy the kitchen overlooking eating area and family room with sliding doors to balcony facing east. Main floor laundry, covered parking, newer furnace & central air, gas heating. All appliances included. Shows extremely clean. Simon Farrugia 519-872-6277. Sutton Group Preferred Realty.

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12 Speight Crescent
Stan Burditt *
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Move in ready! Lots of curb appeal. The entire home professionally painted. New bay window (2010) in living room. The large eat-in kitchen. The lower level boasts an updated 3 pc. Bath. Large family room with corner gas fireplace. 3 cars driveway, 10 x 12 shed and new shingles (2009)

1888 Downes Court
Adam Campbell *
\$385,900
North London Home situated at the end of quiet cul-de-sac. Professionally landscaped, gas line for barbeque, custom shed/change room with cedar interior and a 4 year old heated, salt water pool. Professionally painted, beautiful hardwood and ceramic floors, gas fireplace, main floor office/den. Finished basement with 3 piece bath. California shutters on all windows, security system.

1276 Staffordshire Rd
Adam Campbell *
\$409,000
This lovely 4 bedroom 3 bath home located on a quiet road in desirable Hunt Club Green. This home features hardwood flooring on the main level, ceramic, great patio & a spacious main floor family room with gas fireplace. All 6 appliances are included: Fridge, stove, washer, dryer, microwave and dishwasher. This home is move-in ready, close to shopping, schools - both elementary & secondary, downtown but also accessible to walking trails and nature. 2 car garage.

500 Osgoode Drive
Val Fournier *
\$133,900
Lots of storage. Eat-in kitchen. Formal dining room overlooking living room with sliding patio doors to your own small deck and private fenced in yard. Basement has extra bedroom and finished den/home office, large storage and laundry room. Upstairs has three bedrooms, master bedroom has big triple closet. Parking included. Current condo fees under \$200 add to the affordability.

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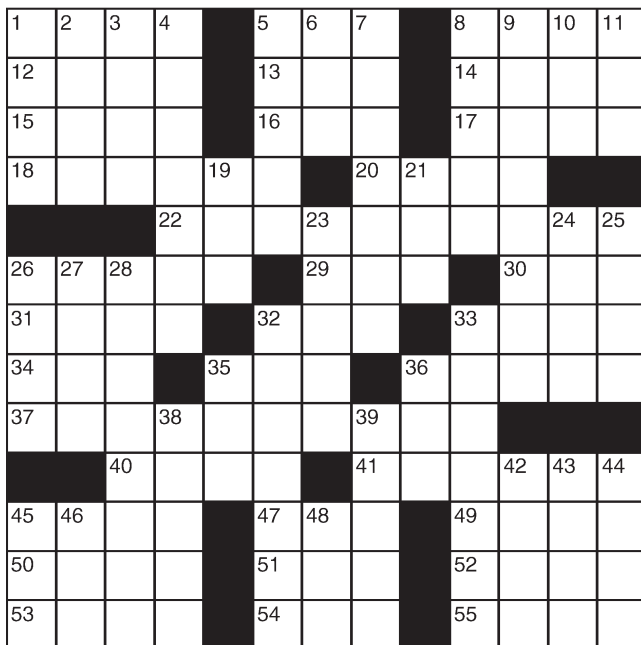
Crossword

Across

- 1 Glaswegian girl
- 5 Without delay
- 8 Dumbfounds
- 12 Touch
- 13 — de Cologne
- 14 Infamous lyre player
- 15 Swerve
- 16 Harem room
- 17 Rainout cover
- 18 Reach
- 20 Ocean-going vessel
- 22 Scram
- 26 Turkic tongue
- 29 Mystery author
- 30 Stout
- 30 Hoopsters' org.
- 31 Evergreens
- 32 Blossom-to-be
- 33 Londoner or Liverpudlian
- 34 Lennon's lady
- 35 "Holy cow!"
- 36 19th president
- 37 Eagles' assembly?
- 40 Recognize
- 41 Gave the same old story
- 45 Puncturing tools
- 47 Early bird?
- 49 Concept
- 50 Sauce source
- 51 Bambi's aunt
- 52 Really move
- 53 Shetland —
- 54 Sister
- 55 Sea fier

Down

- 1 Volcano outflow
- 2 Help a hood
- 3 Fat
- 4 Shoots from a plane



- 5 Indiana's state flower
- 6 Old man
- 7 Suppressed completely
- 8 Bit of tomfoolery
- 9 Arms
- 10 Blunder
- 11 Bribe
- 19 Sort
- 21 Whammy
- 23 "— words were never spoken"
- 24 Stage statuette
- 25 Butter servings
- 26 Venusian vessels?
- 27 Galvanizing stuff
- 28 Home of Coney Island
- 32 Intermediate to
- 33 Christen
- 35 Bygone muscle car
- 36 Weeding tool
- 38 Recant
- 39 Spleen or pancreas
- 42 Smell
- 43 Ponce de —
- 44 Knighted woman
- 45 Cleopatra's slayer
- 46 Court
- 48 Serengeti beast

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's answer ►

Today

10°/3°

Partly cloudy

Friday

11°/6°

Showers

70%

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TWIN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 Put other people's needs ahead of your own today and be happy to do so. Self-sacrifice is good.

♉ Taurus April 21-May 21 You have a talent for getting people to work together. It is a talent that will come in use.

♊ Gemini May 22-June 21 Someone wiser will take you under his or her wing.

♋ Cancer June 22-July 22 Someone you have clashed with is growing on you. In time, you two may become friends.

♌ Leo July 23-Aug. 23 A money matter that has been causing you problems will be resolved.

♍ Virgo Aug. 24-Sept. 22 An important relationship may have been a bit strained. With love, it will be easy make up.

♎ Libra Sept. 23-Oct. 23 Focus on reality and don't waste your precious time on wishful thinking. Be practical.

♏ Scorpio Oct. 24-Nov. 22 Creatively and romantically, this should be a good day but there's also some doubt.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Spend time with people you are close to emotionally.

♑ Capricorn Dec. 22-Jan. 20 You want to have fun, but duty is holding you back. Something needs to be done first.

♒ Aquarius Jan. 21-Feb. 18 You may have big ideas and big plans but how are you going to finance them?

♓ Pisces Feb. 19-March 20. Get urgent tasks out of the way first — after that the day is your own. **● SALLY BROMPTON**

Caption contest



WIN! You write it!

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